

For more information or to register please contact:
Carolyn Leake 520-792-1450 ext. 1-6642

NOVEMBER2023

OCT 30	OCT 31	November 1	2	3
	1:30pm-2:30pm Caregiver Whole Health and Wellbeing	12pm ARC: Online CG Chat	10am Caregiver Hour – All Caregivers 12:30pm CBAW: Creative Writing Workshop	8am Mindfulness Meditation 9am Spirituality and Caregiving
6	7	8	9	10
11am Advanced Care Planning – In Person 9:30am-11:30am Café Meet Up – Casa Grande	8am CSL Education Presentation 1:30pm-2:30pm Caregiver Whole Health and Wellbeing	11am Resource Fair and Caregiver Appreciation Luncheon 1pm Spanish Language Caregiver Support Call	10:30am-11:30am Café Meet Up – Yuma 1pm Creative Arts Group	FEDERAL HOLIDAY
13	14	15	16	17
11am Caregiver Hour – All Caregivers IN PERSON!	1:30pm-2:30pm Hands Only CPR 1:30pm-2:30pm Caregiver Whole Health and Wellbeing	1pm ARC: Online CG Chat 5pm CSL Education Presentation	1:30pm CBAW: Creative Writing Workshop 2pm Caregiver Hour – Caregivers of Veterans with Memory Loss	1pm Self-Care: Taking Care of You!
20	21	22	23	24
9am-11am Café Meet Up – Green Valley 11am Advanced Care Planning – In Person	1:30pm-2:30pm Caregiver Whole Health and Wellbeing	1pm CSL Education Presentation	FEDERAL HOLIDAY	
27	28	29	30	DEC 1
9:30am-11:30am Café Meet Up – Sierra Vista 10am ARC: Online Caregiver Support Group	1:30pm-2:30pm Caregiver Whole Health and Wellbeing	1pm VA S.A.V.E. Training	1pm Creative Arts Group	9am Mindfulness Meditation 10am Spirituality and Caregiving